

# Bethesda MEDICAL

*#TowardsaHealthierYou*



**PREVENTION IS BETTER  
THAN CURE**

Prioritise your health with our

*Executive Health Screening*

# Why are health screenings important?

Health screening plays a pivotal role in safeguarding your well-being and promoting a healthier, more fulfilling life. By undergoing regular health screenings, you empower yourself with the knowledge needed to detect potential health issues early on, often before symptoms even manifest.

This early detection allows for timely intervention and management, significantly increasing the chances of successful treatment. Embracing health screening is a powerful step towards taking control of your health, ensuring a healthier, more vibrant future.



## Discover the Bethesda Medical difference

At Bethesda Medical, we understand that proactive healthcare is the cornerstone of a vibrant, fulfilling life. Our Centres are conducive for Family Health Screenings with comprehensive radiology and diagnostics equipment for in-depth screenings beyond basic blood test screenings.

With a team of dedicated medical staff, we provide you with the insights and guidance necessary to take charge of your health. Prioritize the gift of good health for you and your family with a comfortable and stress-free experience at Bethesda Medical.

# Which health screening packages are suitable for me?

## Male Packages

Male	WITH RADIOLOGY/DIAGNOSTICS SERVICES				
	1	2	3	4	5
PACKAGE	PREMIUM	EXECUTIVE (MALE)	DELUXE (MALE)	ELITE (MALE)	PLATINUM (MALE)
AGE/PRICE	\$275.00	\$490.00	\$760.00	\$920.00	\$1,500.00
18-24	✓				
25-39	✓	✓	✓		
40-49	✓		✓	✓	
>50			✓	✓	✓

## Female Packages

Female	WITH RADIOLOGY/DIAGNOSTICS SERVICES				
	1	2	3	4	5
PACKAGE	PREMIUM	EXECUTIVE (FEMALE)	DELUXE (FEMALE)	ELITE (FEMALE)	PLATINUM (FEMALE)
Age/Price	\$275.00	\$490.00	\$760.00	\$920.00	\$1,500.00
18-24	✓				
25-39	✓	✓	✓		
40-49	✓		✓	✓	
>50			✓	✓	✓



## Premium Package - \$275

- **Pre-screening Consultation**
- **Post-screening Consultation**
- **Body measurements** (BP, PR, Height, Weight, BMI, Waist Circumference, Hip Circumference, Waist:Hip Ratio, Body Fat Analysis)
- **Blood Test**
  - Haematology (Full Blood Count, PBF)
  - Erythrocyte Sedimentation Rate (ESR)
  - Lipid Profile (Total, LDL, HDL Cholesterol, Triglycerides, Ratio)
  - Diabetic Screen (Glucose, HbA1c)
  - Kidney Function (Urea, Sodium, Potassium, Chloride, Creatinine)
  - Bone & Joint (Calcium, Phosphate, Uric Acid, Rheumatoid Factor) (Uric Acid)
  - Liver Function (Total Protein, Albumin, Globulin, A/G Ratio, AST, ALT, Gamma GT)
  - Hepatitis A & B (Hep A Ab, Hep BsAg + Ab)
  - Thyroid Function (Free T4, TSH)
- **Tumour Markers**
  - AFP
  - CEA
- **STD Screen (VDRL & TPHA if VDRL +)**
- **Urinalysis (Urine feme)**
- **Stool Analysis (Occult Blood)**
- **Diagnostics and others**
  - ECG



## Executive Package (Female/Male) - \$490

- **Pre-screening Consultation**
- **Post-screening Consultation**
- **Body Measurements** (BP, PR, Height, Weight, BMI, Waist Circumference, Hip Circumference, Waist:Hip Ratio, Body Fat Analysis)
- **Blood Test**
  - Haematology (Full Blood Count, PBF)
  - Erythrocyte Sedimentation Rate (ESR)
  - Lipid Profile (Total, LDL, HDL Cholesterol, Triglycerides, Ratio)
  - Diabetic Screen (Glucose, HbA1c)
  - Kidney Function (Urea, Sodium, Potassium, Chloride, Creatinine)
  - Bone & Joint (Calcium, Phosphate, Uric Acid, Rheumatoid Factor) (Uric Acid)
  - Liver Function (Total Protein, Albumin, Globulin, A/G Ratio, AST, ALT, Gamma GT)
  - Hepatitis A & B (Hep A Ab, Hep BsAg + Ab)
  - Thyroid Function (Free T4, TSH)
- **Tumour Markers**
  - AFP
  - CEA
  - CA 19.9
- **STD Screen (VDRL & TPHA if VDRL +)**
- **Urinalysis (Urine feme)**
- **Stool Analysis (Occult Blood)**
- **Diagnostics and others**
  - ECG
  - Chest X-ray

### Male Package includes

- **Tumour Markers: PSA**
- **Treadmill Stress ECG**

### Female Package includes

- **Tumour Markers: CA 125**
- **ThinPrep Pap Smear**
- **Ultrasound Pelvis**



## Deluxe Package (Female/Male) - \$760

- **Pre-screening Consultation**
- **Post-screening Consultation**
- **Body Measurements** (BP, PR, Height, Weight, BMI, Waist Circumference, Hip Circumference, Waist:Hip Ratio, Body Fat Analysis)
- **Blood Test**
  - Haematology (Full Blood Count, PBF)
  - Erythrocyte Sedimentation Rate (ESR)
  - Lipid Profile (Total, LDL, HDL Cholesterol, Triglycerides, Ratio)
  - Diabetic Screen (Glucose, HbA1c)
  - Kidney Function (Urea, Sodium, Potassium, Chloride, Creatinine)
  - Bone & Joint (Calcium, Phosphate, Uric Acid, Rheumatoid Factor) (Uric Acid)
  - Liver Function (Total Protein, Albumin, Globulin, A/G Ratio, AST, ALT, Gamma GT)
  - Hepatitis A & B (Hep A Ab, Hep BsAg + Ab)
  - Thyroid Function (Free T4, TSH)
- **Tumour Markers**
  - AFP
  - CEA
  - CA 19.9
- **STD Screen (VDRL & TPHA if VDRL +)**
- **Vitamin D**
- **Urinalysis (Urine feme)**
- **Stool Analysis (Occult Blood)**
- **Diagnostics and others**
  - ECG
  - Chest X-ray

### Male Package includes

- **Tumour Markers: PSA**
- **Treadmill Stress ECG**
- **Hormones: Testosterone, SHBG**

### Female Package includes

- **Tumour Markers: CA 125**
- **ThinPrep Pap Smear**
- **Ultrasound Pelvis**
- **Hormones: Estradiol, Progesterone, FSH, LH**





## Elite Package (Female/Male) - \$920

- **Pre-screening Consultation**
- **Post-screening Consultation**
- **Body Measurements** (BP, PR, Height, Weight, BMI, Waist Circumference, Hip Circumference, Waist:Hip Ratio, Body Fat Analysis)
- **Blood Test**
  - Haematology (Full Blood Count, PBF)
  - Erythrocyte Sedimentation Rate (ESR)
  - Lipid Profile (Total, LDL, HDL Cholesterol, Triglycerides, Ratio)
  - Diabetic Screen (Glucose, HbA1c)
  - Kidney Function (Urea, Sodium, Potassium, Chloride, Creatinine)
  - Bone & Joint (Calcium, Phosphate, Uric Acid, Rheumatoid Factor) (Uric Acid)
  - Liver Function (Total Protein, Albumin, Globulin, A/G Ratio, AST, ALT, Gamma GT)
  - Hepatitis A & B (Hep A Ab, Hep BsAg + Ab)
  - Hepatitis C Ab
  - Thyroid Function (Free T4, TSH)
- **Tumour Markers**
  - AFP
  - CEA
  - CA 19.9
- **STD Screen (VDRL & TPHA if VDRL +)**
- **Vitamin D**
- **Helicobacter Pylori Ab (NEW)**
- **Urinalysis (Urine feme)**
- **Stool Analysis (Occult Blood)**
- **Diagnostics and others**
  - ECG
  - Chest X-ray

### Male Package includes

- **Tumour Markers: PSA**
- **Treadmill Stress ECG**
- **Ultrasound Hepatobiliary System** (Gallbladder, Liver, Spleen, Pancreas)

### Female Package includes

- **Tumour Markers: CA 125**
- **ThinPrep Pap Smear**
- **Ultrasound Pelvis**
- **Ultrasound Breast**



## Platinum Package (Female/Male) - \$1500

- **Pre-screening Consultation**
- **Post-screening Consultation**
- **Body Measurements** (BP, PR, Height, Weight, BMI, Waist Circumference, Hip Circumference, Waist:Hip Ratio, Body Fat Analysis)
- **Blood Test**
  - Haematology (Full Blood Count, PBF)
  - Erythrocyte Sedimentation Rate (ESR)
  - Lipid Profile (Total, LDL, HDL Cholesterol, Triglycerides, Ratio)
  - Diabetic Screen (Glucose, HbA1c)
  - Kidney Function (Urea, Sodium, Potassium, Chloride, Creatinine)
  - Bone & Joint (Calcium, Phosphate, Uric Acid, Rheumatoid Factor) (Uric Acid)
  - Liver Function (Total Protein, Albumin, Globulin, A/G Ratio, AST, ALT, Gamma GT)
  - Hepatitis A & B (Hep A Ab, Hep BsAg + Ab)
  - Hepatitis C Ab
  - Thyroid Function (Free T4, TSH)
- **Tumour Markers**
  - AFP
  - CEA
  - CA 19.9
- **STD Screen (VDRL & TPHA if VDRL +)**
- **Vitamin D**
- **Helicobacter Pylori Ab (NEW)**
- **Urinalysis (Urine feme)**
- **Stool Analysis (Occult Blood)**
- **Dental**
  - Dental Consultation
  - Dental X-ray
- **Diagnostics and others**
  - ECG
  - Treadmill Stress ECG
  - Chest X-ray
  - Ultrasound Abdomen (Gallbladder, Liver, Spleen, Pancreas, Kidneys, Ureters, Bladder)
  - Audiometry
  - Tonometry
  - Spirometry
  - Sonometry

### Male Package includes

- **Tumour Markers: PSA**
- **Hormones: Testosterone, SHBG (Male)**
- **Ultrasound Prostate**
- **Carotid Intimal Media Thickness CIMT (NEW)**

### Female Package includes

- **Tumour Markers: CA 125**
- **Liquid Based Cytology Pap Smear**
- **Ultrasound Breasts**
- **Ultrasound Pelvis**
- **Hormones: Estradiol, Progesterone, FSH, LH (Female)**
- **HPV DNA Detection with Genotype 16 & 18**



# Executive Health Screening Packages Comparison

S/N	TEST	PREMIUM	EXECUTIVE	DELUXE	ELITE	PLATINUM
		\$275	\$490	\$760	\$920	\$1500
1	Pre-screening Consultation	✓	✓	✓	✓	✓
2	Post-screening Consultation	✓	✓	✓	✓	✓
3	Body measurements (BP, PR, Height, Weight, BMI, Waist Circumference, Hip Circumference, Waist:Hip Ratio, Body Fat Analysis)	✓	✓	✓	✓	✓
	BLOOD TESTS					
4	Haematology (Full Blood Count, PBF)	✓	✓	✓	✓	✓
5	Erythrocyte Sedimentation Rate (ESR)	✓	✓	✓	✓	✓
6	Lipid Profile (Total, LDL, HDL Cholesterol, Triglycerides, Ratio)	✓	✓	✓	✓	✓
7	Diabetic Screen (Glucose, HbA1c)	✓	✓	✓	✓	✓
8	Kidney Function (Urea, Sodium, Potassium, Chloride, Creatinine)	✓	✓	✓	✓	✓
9	Bone & Joint (Calcium, Phosphate, Uric Acid, Rheumatoid Factor)	✓	✓	✓	✓	✓
10	Liver Function (Total Protein, Albumin, Globulin, A/G Ratio, AST, ALT, Gamma GT)	✓	✓	✓	✓	✓
11	Hepatitis A & B (Hep A Ab, Hep BsAg + Ab)	✓	✓	✓	✓	✓
12	Hepatitis C Ab				✓	✓
13	Thyroid Function (Free T4, TSH)	✓	✓	✓	✓	✓
	Tumour Markers:					
14	• AFP	✓	✓	✓	✓	✓
15	• CEA	✓	✓	✓	✓	✓
16	• CA 19.9		✓	✓	✓	✓
17	• PSA (Male)		male	male	male	male
18	• CA 125 (Female)		female	female	female	female
19	STD screen (VDRL & TPHA if VDRL +)	✓	✓	✓	✓	✓
20	Vitamin D			✓	✓	✓
21	Helicobacter Pylori Ab ( <i>NEW</i> )				✓	✓
	Hormones:					
22	• Estradiol, Progesterone, FSH, LH (Female)			female		female
23	• Testosterone, SHBG (Male)			male		male
24	URINALYSIS (URINE FEME)	✓	✓	✓	✓	✓
25	STOOL ANALYSIS (OCCULT BLOOD)	✓	✓	✓	✓	✓
	CYTOLOGY					
26	• ThinPrep Pap Smear		female	female	female	
27	• HPV DNA with Genotype 16 & 18					female
28	• Liquid Based Cytology Pap Smear					female
	DIAGNOSTICS & OTHERS					
29	ECG	✓	✓	✓	✓	✓
30	Chest X-ray		✓	✓	✓	✓
31	Treadmill Stress ECG		male	male	male	✓
32	Ultrasound Pelvis		female	female	female	female
33	Ultrasound Breast				female	female
34	Mammogram					
35	Ultrasound Hepatobiliary System (Gallbladder, Liver, Spleen, Pancreas)				male	
36	Ultrasound Abdomen (Gallbladder, Liver, Spleen, Pancreas, Kidneys, Ureters, Bladder)					✓
37	Ultrasound Prostate					male
38	Audiometry					✓
39	Tonometry					✓
40	Spirometry					✓
41	Sonometry					✓
42	Carotid Intimal Media Thickness CIMT					male

## CUSTOMISE YOUR HEALTH SCREENING WITH THESE OPTIONAL ADD ONS

TEST	PRICE
<b>CYTOLOGY &amp; OTHERS</b>	
• ThinPrep Pap Smear	\$79.20
• HPV DNA	\$216
• HPV DNA and ThinPrep	\$252
• Seminal Analysis	\$72
• Urea Breath Test	\$198
<b>RADIOLOGY &amp; DIAGNOSTICS</b>	
• Chest X-ray	\$18
• Bone Sonometry (Bone density using ultrasound technology)	\$99
• Tonometry (pressure in the eye)	\$45
• Audiometry	\$40.50
• Spirometry	\$45
• ECG	\$45
• Treadmill Stress ECG	\$180
• Bone Mineral Densitometry (Hip and Spine)	\$99
• DEXA Body Composition Scan	\$117
• Mammogram	\$126
• Ultrasound Breast	\$117
• Ultrasound Liver	\$117
• Ultrasound Pelvis	\$126
• Ultrasound Prostate	\$144
• Ultrasound Hepatobiliary System (Gallbladder, Liver, Spleen, Pancreas)	\$162
• Ultrasound Abdomen (Gallbladder, Liver, Spleen, Pancreas, Kidneys, Ureters, Bladder)	\$198
• Carotid Intimal Media Thickness CIMT	\$198

*all prices exclude GST. as of Dec 2023.  
Prices subject to change without prior notice*

# Bethesda MEDICAL

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**SKIP THE QUEUE, BOOK YOUR  
APPOINTMENT TODAY**



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